

Beginning Psionics

A Psionics Training Manual



By Winged Wolf

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Table of Contents

Introduction	1
Chapter One - What Is Psionics?	3
Chapter Two - Spirit Entities	12
Chapter Three - Human Energetic Systems	14
Chapter Four - Foundations of Psionics Training	18
Chapter Five - Beginning Psionics Training	22
Chapter Six - Energy Manipulation, Linking, and Scanning	26
Chapter Seven - Signature Acquisition, Distance Linking, and Basic Constructs	30
Chapter Eight - Distance Targeing and Mobile Constructs	33
Chapter Nine - Construct Shields, Intelligent Constructs, and Construct Sensing	35
Chapter Ten - Exercise Schedules	38
Chapter Eleven - Maintaining and Repairing Energy Systems, and Dealing with Hostile Spirit Entities	41
Appendix - Fun Psionics Exericeses and Applications	45

Introduction

The assertions you will find in this training manual are based on approximately 16 years of observation and comparison with others' observations. I've chosen not to be scientifically politically correct. Instead, I'm telling you what we are perceiving, and how it works, as best I can. I may be wrong. I may be right. You'll have to test these things out for yourself, and make up your own mind about it. There may be things in this manual which will upset the religious or faithful—for that, I apologize, but I merely relate what I perceive. I could have spent another year or two collecting research reports and more concrete evidence in support of these things, but that would have (obviously) added another year or two on to the time taken to complete this manual, which seemed pointless, since its been done before. Plus, it would have padded out the book to twice its current size, and most people are less interested in that than they are simply getting to the point. So, getting to the point is what I have chosen to do.

This manual is intended to give you the basics of psionics, and bring your skill level up to the point where you will more easily be able to work on complex psi abilities. Even advanced psions may find benefit in using this training schedule, if they find that it fills gaps in their own training and practice, and provides a stronger foundation for their abilities. You will not find a lot of concentration on specific mental or physical abilities in this manual, because those abilities are best practiced after a strong foundation has been laid. I may address them in a future training manual for intermediate psions, if this manual generates enough interest.

A general disclaimer is also in order. Psionics training may impact blood flow and heart rate, so consult a physician if you have any medical condition which might be adversely affected by rises or drops in blood flow, blood pressure, or heart rate. Of course, use this advice at your own risk; the effects of psi energy on the mind and body are certainly not well-understood.

Chapter One

What is Psionics?

The term 'psionics' was most likely coined by science fiction writers back in the 1950s. Originally used to refer to psychically active electronic devices, it spread to refer to systems of using psychic abilities, and the practice of using those abilities. Psi itself is a Greek letter. It was used in parapsychological papers and references to refer to the unknown factor in ESP experiments and other areas of paranormal research.

While I could go into a vast historical account of the rise of parapsychology, citing references from the Rhine Institute, the Stanford Research Institute, and other organizations involved in landmark parapsychological studies, instead this book will focus primarily on practical, current information and applications.

Psionics is the use of psychic abilities. What are psychic abilities? Psychic abilities are a means by which we can perceive and manipulate the world around us, using a family of energies that are not yet identified or described by modern science. Because of the difficulty in detecting these energies mechanically, let us call them 'subtle energies'. While the energies themselves may be deemed subtle, the effects they are capable of producing can sometimes be quite blatant.

Many arguments and theories exist in the metaphysical, psionics, occult, energy-working, and magickal communities. All of these communities (and more) deal with the sensing and manipulation of subtle energies, although some of them ascribe the effects they achieve to other causes. The methods based on these different theories may or may not work. Most do work, to some degree, or they would not persist. I will not go through and try to pick out which methods are better. Instead, I will present to you theories and methods which do, consistently, work for a majority of people.

The Nature of Subtle Energies

What sets subtle energies apart from other types of known energies is the fact that these energies can hold a stable shape and pattern, frequencies and format, outside of a material matrix, or matrix made of any other energy form. What this means is that you can create things out of subtle energy, fix them in place, go away, come back, and find them right where you left them, in the shape you left them. Very complex applications are possible with subtle energies for this reason. The effects they can have on matter or known energies can be made semi-permanent, and you can mold them like clay in accordance with your thoughts to do virtually anything (within reason). This doesn't mean you can "do anything you want, if you only believe." The real world doesn't work that way. But it *does* mean you can do more than you ever imagined, if not necessarily in the *way* you might have imagined.

Subtle Energy Types

A subtle energy type is a category for energy based on its unique and stable properties—properties which are *very* difficult to alter. Types can only be changed from one to another by a complex conversion process, and the vast majority of people cannot convert one type to another within their body. When a type can be converted, a great deal of energy tends to be expended in the process. The English language doesn't contain terms for describing the perceived properties of subtle energies. To describe psi input, we are generally forced to fall back on words that were intended to describe material things, and other types of sensory impressions. When these words are used in this manual, please do not confuse them with their literal meanings. Something that feels 'fuzzy' to a psion does not duplicate the texture of fur to the tactile sense. Instead it creates a sensation distinctly different from that, but perhaps closer to that than any other word that might be used.

Energy Types Originating In Living Things

I'll start off by describing the energy types natural to living things. All living things contain life energy, also known as soul energy, core energy, or 'prana.' This heavy, stable energy type is minimally reactive with other energy types, but does react with the physical body. It appears to be necessary to maintain health, and may even be necessary for life itself. Though controversial, I believe that the origin of this energy type is the soul itself. The energy radiates from the primary life-energy center, located in the body around or just below the navel. This is the position of the womb in females, so that the main source of life energy is in close proximity to where new life is created and nurtured. Life energy forms a pool at the center of a person's energy field, within their torso. It flows through channels throughout the body. There is a secondary life energy center around the stomach region, and another smaller center within the brain.

Living things which have a nervous system, or any similar electro-chemical information transmission system, produce psi energy. So do some mechanical devices and natural phenomena, such as electrical storms. This energy is very reactive, volatile, light, and almost invariable feels static-like to the touch. It affects the nerves directly, and interacts (generally detrimentally) with a wide variety of other subtle energy types. It is non-reactive with life energy. Psi energy makes up the bulk of the human energy field, and may also be named 'auric energy.' I use the term 'psi energy' due to the fact that the energy-working system I use and teach involves the direct manipulation of *only* this energy type. Within this system, all other energy types are manipulated indirectly, using psi.

Faith energy is generated in the brains of some individuals. This is usually a transient energy type, but can be stabilized. Many spirit entities associated with religious beliefs contain this energy type as part of their make-up. Faith energy appears to have many properties similar to psi energy, but is a bit less reactive. It seems well-suited to subtle effects such as probability alteration. Not all individuals can, or do, generate this energy, nor do those who do necessarily generate it for their entire life. Its generation does seem to have some association with faith, hence

the name— but not all people with faith can generate the energy. Almost invariably, those who do not have faith, cannot generate it. It does not matter what the person has faith *in*, only that they can achieve a state of total belief.

Common Energy Types in Our Environment

Faith and psi energy both dissipate and degrade over time, if they haven't been deliberately stabilized. As a result, when these energies are naturally shed by people and other living things, they collect in areas of high population concentration, and begin to degrade there. The type that results from this breakdown is called 'regnant energy.' This energy usually contains a lot of patterning, some of it complete, and some of it partial. It can therefore be a source of information about the areas it's found in.

Earth energy is most likely produced by the planet's geomagnetic activity, which produces magnetic force lines that crisscross the planet. Earth energy flows down these lines in particularly high concentrations, and they are commonly known as 'ley lines.' (This term translates to 'straight tracks'). Concentrations of ley lines are higher in some areas of the world than others, and these lines, while most commonly found under the ground, may also pass through the air above.

"Exotic" Energy Types

These energy types aren't usually found stray in the general environment, unless someone has been actively using them there. They are brought into the environment from 'elsewhere.' This is an area where understanding becomes fuzzy, but I will do my best to describe these types, even if their origins are uncertain.

Veil energy is a volatile and mutagenic type that is very persistent in the environment when it is brought here. It tends to seem oily and clingy. This energy type appears to come from the barrier between 'here' and 'elsewhere.' If you breach this barrier, Veil energy may leak out, and can be found within the breach. A Veil tear can also allow entities made of this energy to pass

through, and some of these entities can be quite dangerous. All are unpredictable. If you encounter a Veil rip, do your best to seal it, or inform someone who can. More information on the Veil will be provided in the section titled *The Structure of Reality*.

Quantum energy is generally used by mages of some of the ceremonial paths, and comes in three varieties: pattern, neutral, and anti-pattern. This energy appears to interact on a quantum level more readily than some other types, and is about mid-range for reactivity and weight.

Aether is a sort of base energy type that some mages also use, and we haven't studied this type very extensively. There may be a few more exotic types accessed and used by mages that are not mentioned here.

Types That Aren't Types

There are some energy types you may see commonly mentioned in the energy-worker communities which are actually not types at all. Instead, these types are specific (or in some cases very general) patterns within other energy types. Among these 'types' are things such as 'Elemental Energies'—generally, earth, air, fire, water, and spirit; and 'positive,' or 'negative' energy. These types can all be created by patterning other energy types.

The Structure of Reality

Most energy workers perceive reality on multiple levels. These levels are often termed to be 'planes,' but in reality, they are spaces. A space contains three dimensions. While people might argue that the fourth dimension is time, leaving time out entirely (considering it as a universal force which affects all dimensions) serves a more useful purpose to understanding dimensional physics. Instead, there is fourth spatial dimension, probably a fifth, and so on. However, while psis may be able to access four dimensions, accessing more than four is probably a moot point for discussion.

According to the perceptions of most, there is only one physical/material space. The rest are energy-only spaces. If there are

other physical/material spaces, we are generally unable to access them materially. There is no way to be certain whether the spaces we access via our psychic senses contain matter, or only energy. If there are other quantum realities, they likewise also have many layered energetic spaces. These spaces lay over one another, and can be accessed without movement through the space itself – you don't go up, down, forward, back, or to any side. The movement to another space occurs in a different direction entirely. Your mind may assign an arbitrary direction to it, to enable you to comprehend it more easily, however. Even though we may move through fourth-dimensional spaces, our minds still perceive the world as three-dimensional.

While there are barriers of a sort between the otherspaces, they are generally easily breached, and seem to be self-repairing. It may be that these separations are more perceptual than real. However, there is a more real barrier between here and elsewhere. The Veil is a sort of Menger Sponge-like barrier between here and somewhere unknown. It could be hypothesized that this barrier separates our quantum reality from others. The Veil can be breached, and the area within can be traveled through, though concepts of direction and location do not appear to exist within it. Travel within the Veil is not difficult, but whether the Veil can be passed beyond is uncertain. If the hypothesis is correct, this is a means of travel from one quantum reality to another, and some individuals believed that they have moved themselves, at least in consciousness, between realities. This is, however, exceptionally rare and difficult. The energy and entities within the Veil can be quite dangerous, so if you create an opening in the Veil, you should take care to reseal it again. Also bear in mind that actual travel to another quantum reality has been reported, but it is always a one-way trip.

Identified Psychic Abilities

A list of all the names people have invented to describe psychic abilities would take up a full chapter by itself. Many of these terms are either too vague and encompass too much, their definitions are confused (different people may use the same term to mean completely different things), or they are too narrow (plac-

ing divisions between abilities that are unnecessary).

I will attempt to broadly categorize the different types of abilities for you, so that when you come across these terms you will have some understanding of what the ability is and how it functions.

The most talked-about and impressive abilities are the physical abilities. These abilities affect the realm of known matter and energy. Essentially, there are separate abilities which deal with each of the known energies, and with matter. In addition to that, there are abilities that appear to deal with forces such as time and gravity. Each of these abilities has a sensing function, and an affecting function. For example, using psi to manipulate matter is referred to by parapsychologists as psychokinesis. This word means 'mind-movement;' in other words, moving things using the mind.

To illustrate how confusing these terms can be, this same ability used to be called telekinesis, but that term was retired by the parapsychological community, because it means 'distance-movement,' and there are other ways to move things at a distance that do not involve psi. You may see some people in the psychic communities claiming that telekinesis is a more specific form of psychokinesis, but this is simply incorrect. Nevertheless, it continues.

Obviously, the sensing function of this ability is to perceive matter via psi sensing; thus, you could navigate around furniture in a completely dark room, or find water deep beneath the ground as traditional dowsers do. Other physical psi abilities involve manipulating and sensing electricity, electromagnetic radiation, kinetic energy, momentum, gravity, time, and magnetism. Sensing the future (precognition), for example, is an ability that deals with time.

Vying for fame with the physical abilities are the mental abilities. These abilities all deal with affecting or sensing the impulses that carry information through our brain and nerves. While most of the psychic community divides these abilities into only two categories (thought telepathy and empathy), I personally favor a system which divides them into four categories, and believe that trial and evidence supports this as being more accurate.

The first of these abilities can enable you sense, affect, or implant thoughts— that is, images, words, or concepts. This is the ability commonly known as “telepathy” or “thought telepathy.” Empathy is the sensing of emotions— these are complex emotions. If an individual is able to only sense the most primitive of pre-emotional responses that are linked to instinctive behaviors, and to sense instinctive drives, then they’re using primalpathy. This is, to the best of my knowledge, a previously undescribed ability. Instincts are hardwired, rather than learned or developed. Finally, the most potentially dangerous, helpful, and impressive of the mental abilities deals with the direct sensing and manipulation of nervous system impulses in general. This ability allows access to the senses of the other person, including sensation, and also allows the psi to detect any abnormalities in their physical body. It can be used to detect medical problems, to alleviate or cause pain, to see through another’s eyes, or distort their vision. You could raise or lower their blood pressure. This is the healer’s ability. Like most of the healers’ arts, it can also be used to kill. Never forget that in spite of the fact that psionics is not widely recognized by scientific establishments, it is not a game. Understand that what you do can affect the health and well-being of others and that you can cause them harm, or even death, just as you could with your hands. Your conscience must be your guide, for there are no psi police (at least none that have been voted or granted the right to police the energy community). Thought telepathy, Empathy, Primalpathy, and Nervous System Ability are separate abilities, but influencing one of these aspects of the human mind and nervous system will, of course, affect the others.

The abilities which deal with manipulating psi and subtle energies aren’t generally named, nor are the abilities associated with making constructs. Sensing abilities are named, but arguably incorrectly. Psi sensing often translates in the brain as a synaesthesia. The input seems to come from one of the known senses. Thus, psis may see (clairvoyance), hear (clairaudience), feel (clairsentience), or even smell or taste psi energy. In reality, they aren’t doing any of those things. They’re using a separate sense entirely, and there is no essential difference in what they are doing, regardless of what type of synaesthesthetic impres-

sions (if any) they receive. Construct creation and sensing are discussed in detail later in this manual.

Chapter Two Spirit Entities

Because subtle energies can retain a pattern and shape outside of a material matrix, this means that they can be very complexly structured, and imitate life as a result. It could be argued, actually, that life imitates patterned subtle energy in a material matrix. Whatever the means or theory behind it, intelligent, self-willed, complex and capable spirit entities exist. They are made of subtle energies; sometimes only one type, sometimes multiple types. Entities comprised of multiple energy types usually hold these types in separate patterns of bands, spots, or swirls. From the simplest form of 'spirit life' which merely consumes stray energy and reproduces copies of itself, on up to deities which are ancient, powerful, and capable of profoundly influencing the world, these beings are all simply patterned subtle energy.

Due to the laws of entropy, when an entity expends energy to do work it must replenish that energy in some way. Thus, all spirit entities must, at some point in time, intake more energy or perish. They generally require more of the same type of energy they are made of. Some simply scavenge energy from various sources, but others will parasitize other entities or living beings, or will even predate one another. The old magical system saying, "As Above, So Below" would seem to work both ways— as below, so above. The structure of the material world's ecosystems is reflected by the ecosystems of the spirit/energetic world.

Parasitic entities can be a problem for unprotected psions, who tend to generate more energy than the average person. While the average non-sensitive may carry these parasites without awareness or significant ill effect, even they occasionally succumb to negative side-effects from such parasitism. For a sensitive psion, these effects can be more profound. In learning to control your energy and defend yourself from outside influences, you will also learn to prevent these types of entities from parasitizing you, or affecting your systems in other ways. You

will also learn how to defend others you care about from these entities.

I advise caution in dealing with any intelligent, self-willed spirit entity. While many people can and do befriend, make deals with, and otherwise associate themselves with such entities, it should always be remembered that, like us, they have their own agenda, their own goals, and their own reasons for making these associations. Do not trust an entity simply because it is a spirit being. They are no more arrayed in patterns of good and evil, black and white, than we are. Consider them to be people of a sort, and you will make wiser decisions in your dealings. The vast majority of the time, an entity will solicit your attention because it wants something from you. Determine what that is, before you decide how to proceed. If the entity wishes to guide or train you... why? What is the end goal, for it? Yes, it is possible for entities to simply befriend us, as we befriend them or one another, but things are only rarely so simple as this in the world.

Spirit entities, contrary to some belief systems, **can** be destroyed. If they are unable to replenish their energy stores, they may lose the ability to maintain their patterning and will dissolve. If they are badly enough damaged, they may also lose too much of their patterning to continue. Some entities can repair themselves when damaged, while others cannot. A few entities use a sort of fractal patterning that enables them to recover from virtually anything that does not depattern all parts of them completely. It is, however, possible to completely destroy the patterning even in entities such as that. The entity *is* the pattern. If the pattern is gone, there is no more entity. Only energy remains. Entities that reappear after they have been destroyed may have a 'dock' somewhere: a copy of their pattern held in some other (usually stationary) location, which can re-create them if they are destroyed. This is far more common with constructs than with naturally occurring spirit entities.

Chapter Three

Human Energetic Systems

There are two separate energy systems within the human body. The core energy system carries soul energy, which appears necessary for physical health. The primary core energy center is usually located just below the navel. This energy center is called the 'xia dan tien' in some Eastern philosophical systems. This energy center also, arguably, contains the soul. Energy radiates from this energy center, and is carried through the rest of the system. The system that carries the energy to major points in the body appears similar in many ways to a circulatory system, with thick cables occurring toward the center, and thinner lines carrying energy to the extremities. From the primary core-energy center, one primary line extends up to a secondary core-energy center located in the stomach region, near the solar plexus. This secondary center is smaller, and serves as a sort of sub-station. A block in the core energy system can cause health problems, and may in some cases induce a vampiric state, compelling a sensitive individual to pull energy from others around them. Damage to this system can also result in these effects, particularly if energy leaks from the system. (This type of damage or block is not the only cause of psychic vampirism). Around the core energy system, a pool of soul energy forms in the center of the energy field, usually staying within the physical confines of the person's torso. It is retained by the surrounding psi-energy system.

The psi-energy system appears to parallel the nervous system, and it may in fact be that the system uses the nerves, at least in part, to transmit psi energy. There is some reason to believe that psi energy is generated by the nervous system itself. There are several major psi-energy centers which are involved directly with various psi abilities. Most of these are in the brain, but one is located in the solar plexus. In addition, there are several high

concentrations of nerves that may be sensitive to psi influence, or produce large quantities of energy, but are not directly involved with specific abilities.

The "crown" energy center is actually situated inside the brain, between the two hemispheres. Energy generated in this area naturally projects upward from the top of the head. This energy center seems to be associated with a theoretical energy forms known as a wave-field, and the abilities associated with it include the ability to sense or affect a person's nervous system (nervous system ability), the ability to sense inertia and momentum, or to affect momentum, and the ability to sense events occurring in time (precognition, retrocognition, and clairvoyance or remote-viewing). Additionally, there may be an ability to affect the time/energy/work equation to do something such as cover a greater distance without increasing speed or taking more time to do it.

The back of the head seems to be a receptive energy center. It may be involved in much of energy sensing ability, and also seems to be a primary way to access a person's psi systems. People often feel that links made for scanning attach to this area, and entities also seem to favor it as an attachment point.

The "third eye" is another major energy center, and energy from the temples and center of the frontal lobes is projected from the center of the forehead when certain abilities are used. Many people will feel a noticeable sensation in this area when doing energy work, particularly when it involves use of abilities that directly involve this energy center. Abilities that appear to be directly associated with this ability include thought telepathy (sensing or affecting the thoughts of others, including words, images, and concepts), kinetic ability (sensing heat or vibration, increasing or decreasing heat, creating sounds or vibrations) and sensing or affecting electromagnetic radiation.

The solar plexus energy center appears to be associated with sensing and affecting emotions (empathy) and sensing and affecting matter and electricity (psychokinesis, dowsing).

The energy field surrounding the body is also used to create some ability effects, and this field is largely generated by the nerves in the skin. Abilities associated with the aura itself include sensing and affecting instincts (primalpathy) and sensing and

affecting magnetism and gravity (levitation).

The palms of the hands and fingers are densely packed with sensitive nerves—the hands seem very versatile in psionics, just as they are in the manipulation of material objects. Several abilities that derive from other areas of the body or brain can be produced by or directed through the hands.

There are also several areas of the body that, while they contain many nerves, don't have direct associations with psi abilities. The spine is dense with nerves, and thus seems to generate a large amount of psi, but it is not directly associated with any specific psi ability. Likewise, the concentration of nerves in and around the genitals produces a lot of psi energy, and is often mistaken for an energy center. These areas can be psi-sensitive, but aren't associated with specific abilities other than generating or sensing energy.

System Damage

Both of the energy systems are vulnerable to being damaged, although the soul-energy system is better protected. Because the systems aren't directly connected, an effect that damages one may leave the other unscathed. It generally takes a great deal of psychic force to cause permanent damage to energetic systems.

Damage to the life-energy system is probably the most serious in terms of the effect on a person's health and well-being. A large enough break in the life-energy system can cause energy to leak away from the person's energy field, leaving their system in a deficit. This can cause depression, tiredness, depressed immune system function, and overall weakness and fatigue. The body has its own safeguards in such cases, and one of the most common is vampirism. The individual will instinctively (if they have that capability) reach out to others and pull energy from them in order to replenish their own. Instinctive drawing of life energy is less common than other forms of vampirism. In cases where the individual cannot do so automatically, they may simply develop a craving to pull energy from others, or a craving that they cannot entirely identify. (Again, damage is not the only cause of vampirism).

A life-energy craving can also be caused by a blockage in the

life-energy system. The interrupted flow of energy creates areas that don't receive enough energy, and this triggers the system to demand more energy. A rapid influx of energy can sometimes clear these blocks, as can energy rapidly being drawn through the system past the block.

Damage to the psi-energy system occurs more commonly. The most common effect from this type of damage is a reduction in some abilities (if they must be routed through or past the damage) and pain in the area of the damage when it is heavily charged with energy. A block in the psi-energy system can also cause these symptoms. In some more rare instances, the energy system may be broken badly enough to leak energy. The individual may find they don't have enough to do psi work they are accustomed to, or in some cases may even develop symptoms similar to those of a person with a life-energy system break, and need to resort to psi-vampirism in order to maintain an energy level high enough to prevent stress or collapse of channels. Information on how to repair damage and resolve blocks will occur later in this book.

Chapter 4

Foundations of Psionics Training

Laying a strong foundation in several skills will allow you to progress more quickly and easily. Even those who may already have training in psionics or energy-working may find that going back and attending to this foundation will improve their overall skills. Not all of these skills involve using psionics, but all will be useful to psionics practitioners. The key to *all* of these exercises, whether psionic applications or not, is to continue trying, even if you fail. A majority of people find that progress in psionics skills may be very slow for long stretches of time, but it is also common for sudden leaps in ability to occur periodically. This pattern is normal, and it is a large part of the reason why there are not many very highly skilled psions out there. It takes a great deal of dedication to stick with exercises and regular use of abilities, when you don't seem to be making much progress. I encourage you to do so regardless of how much progress you feel you are making, if you have a serious interest in this.

While it is true that some individuals will have more aptitude for psionics than others, just as with any other skill, if you stick with it, it will eventually pay off.

Relaxation

Relaxation allows your nervous system to 'reset' and improves your ability to sense what is happening around you, and within yourself. The ability to relax, quickly and completely, on command is a valuable skill for this reason. It may also serve you well in a variety of other situations not related to psionics.

I recommend starting with a simple breathing exercise. Breathe in to about the count of five (more or less... find a number that is comfortable for you) hold it for two, then breathe out to the count of five again. After you repeat this perhaps a dozen

times (the exact number of breaths is not important, but it should be more than five, and less than twenty) then focus your awareness on your body. Starting with your feet, tense the muscles and hold them for a count of two, and then relax them again— toes, feet, ankles, legs, and so on, moving slowly up your body. Tense all individual muscles or groups of muscles you can, including your face and scalp. Once you reach the top of your head, continue the timed breathing for another minute or two.

I recommend folks repeat this exercise once a day, for several weeks. After that point in time, you may forgo tensing up your muscles, and simply relax them. Again, move your awareness over your body from toes to the top of your head, relaxing each muscle or group of muscles in turn.

Continue this routine on a daily basis for at least two more months, then gradually begin speeding up the rate at which you relax each group of muscles, moving your awareness over your body more and more quickly. After several weeks, you should be able to relax yourself completely in only a second or two. Relaxing in this fashion at least once a day should keep your skill level up. If you feel that your ability to relax is declining, simply go back and redo the exercises from the beginning.

Focusing

The ability to focus your attention on a single thing or task to the exclusion of other things around you can be tremendously important when doing psi work. When you are in a situation with a lot of distractions around you, the ability to focus can mean the difference between success and failure. Psionics is far more useful if you can do intricate work in the middle of a crowded mall while carrying on a conversation, than if you have to be in a quiet, dark room by your self, soft music playing and incense drifting gently. Well, you get the point.

Set up a quiet place where you can sit undisturbed for a while. There should be a table upon which you can place some object so that it will be comfortably at eye level while you are sitting. Any object can be used for this, though I recommend one that is interesting, or moves slightly. A pinwheel or a glass ball

lit from beneath with shifting lights, a lit candle, or perpetual motion toy (a quiet one). However, if none of these are available or practical, a stationary object will work. Choose something you want to look at for a long time, because that's what you'll be doing.

Seat yourself comfortably before the focus object, and look at it. Now comes the tricky part: don't look away. Don't glance around the room, don't allow your eyes to unfocus (the object should not blur or twin). Blink normally of course, but keep the object in focus, and your attention on it. At first, you may only be able to maintain this for 5 to 10 minutes. Increase the amount of time you spend on it each day. Soon, the room around you will begin to black out, so that all you see is the object you are focusing on. When you can hold the object in focus for 30 to 45 minutes, you have improved your focus as much as you will probably need to. Simply go back to the exercise if you feel that your ability to focus is degrading.

Visualization

Visualization is more than simply a means of seeing what you imagine in your mind's eye. It is a tool that can be used to make psi-energy conform with your will. Additionally, in spite of the name, the term can encompass more than just visual images. You should learn to clearly picture things in your mind with all five known senses, controlling every aspect of them.

Start with something simple. Picture a circle in your mind, of a specific color. Red is a good choice. Once you can hold this picture clearly, try changing the color of the circle— red to blue, to green, to yellow, and so on. Now, try something more complex. Picture the circle at the same time you picture a sound. Perhaps a single, pure tone... hear it inside your head. Once this is easy, move on to adding other sensory impressions; an odor, a sensation... try picturing a food, and picture eating it, so you can get the full impressions of taste, smell, texture, and appearance in your imagination. Building a complete and controlled full-sensory visualization will help you with programming and constructs later on.

Diet

Since psionics appears to involve activity in the brain and nervous system, it's a wise idea to look after the health of these physical systems in your body. It appears that heavy psi activity may involve heavy nervous system activity, and this can strip nutrients used by the brain and nervous system. Many people report headaches, weakness, or other symptoms after heavy psi work. These symptoms can be alleviated by looking after one's overall health, and by replenishing the essential nutrients used by the nervous system, before and after the work. A glass of orange juice or a banana can provide sugars, potassium, and other nutrients which have been reported to alleviate the headaches or other symptoms associated with heavy psi work. It's a good idea to improve your diet, and look after your nutritional needs, when beginning psionics training. Keeping orange juice, or other natural sources of sugar, fluids, and potassium on hand, is a wise decision.

Chapter Five

Beginning Psionics Training

Energy Sensing

This ability is one of the foundations of psionics. The ability to detect what others are doing with psi, and what you are doing yourself, is basic to becoming truly skilled with these abilities. Energy sensing practice can be done with or without a partner, but when you are first starting out, it is more easily done with a partner.

First, back away at least 20 feet from your partner. Put your hands up as though feeling for a wall, close your eyes, and slowly move forward until you feel a change. This may be an extremely subtle sensation, a faint pressure or warmth. You will most likely find that you are about 4 to 10 feet away from them. This is the average size of a person's energy field. If you wind up touching the person, do a relaxation exercise, then start over again. If you fail at this repeatedly, *do not* give up. Simply continue trying once or twice a day. Eventually, you will succeed, as your nervous system and brain learn how to do what you are demanding they do. It is also possible that this information will begin to come to you in some fashion other than a tactile sensation— you may see (even with your eyes closed), hear, smell, or even taste something at a certain point. Keep note of any change that occurs during this exercise, and pay close attention to it.

If there is no partner available, you can do this with people who aren't aware, though I recommend you not put out your hands, or close your eyes. Simply see what you can sense with your body as you move toward them. Otherwise, they will most likely question what you are doing.

Once you feel you can accurately detect where peoples' energy fields begin, try closing your eyes, and seeing if you can tell the different people that you know apart, simply by the differences in the 'feel' of their energy fields.

Charging

Learning to induce your system to create more energy is an invaluable basic skill in psionics. Because we don't draw in energy from external sources, increasing your personal supply will allow you to do much more with your abilities than if you had not cultivated this ability.

To learn charging, it helps many people to first get a feel for psi-energy. A simple exercise to move energy can help with this a great deal. First, with your eyes closed, visualize that your body is filled with warm water. Do not picture your body filling with water— simply picture that it is already there, beneath your skin, filling you up inside. Hold this visualization for a short while, then picture all of the water in your body rushing into your hand, and staying there, becoming denser as it does, compacting, filling your hand. If you have done this correctly, you should feel a sensation— it may be a subtle heat or coolness, or a very strong tingling sensation a bit like pins and needles. Your hand might even turn red from increased blood flow. If you don't succeed the first time, just keep doing the other exercises on a daily basis, and try this one a few times per day until it begins to work.

What you have done is *not* charging, it is simply taking the energy within your body, and moving it to one area. Since you have filled your hand with energy, you should now know what that energy feels like. Try closing your eyes, and picturing your hand glowing brighter, creating more energy. If this does not begin to create the same sensation (it will probably be milder than when you moved the energy), then you may want to try training your nerves using a technique referred to as signal cancellation.

To do this, picture your fingers moving; in fact, go through the mental steps to actually move them, but before any of your muscles actually tense, stop. This may take a bit of practice at first, and don't be discouraged if your fingers twitch or move when you first try it. Repeat this aborted movement over and over again. Eventually, you'll begin to feel a sensation build up in your hand that is similar to what you felt when you moved energy. This is actual charging. Continue attempting to charge your hand simply by willing it, but if you don't succeed at the attempt,

then use signal cancellation instead. You should do this at least twice a day, until you can easily charge your hand at will without using the signal cancellation technique.

At this point, you're ready to move on to more advanced charging. Rather than just charging your hand, try charging the surface of your skin over your entire body. The relaxation exercise you used earlier should have given you the ability to focus on your entire body, or any specific part of it at will, so now you will put that skill to use. Once you succeed in charging your skin, begin doing an exercise twice a day that involves charging your skin, then adding in a stronger charge to both hands, the three primary psi-active areas of your brain, and your solar plexus. As this becomes easier, extend the charge further, using nerves deep within your body, and your spine, as well as your skin. Hold this charge for several minutes each time you do the exercise.

Shielding

As soon as you succeed in charging your skin, it's time to begin working on protecting yourself and your developing senses. If you have innate psi abilities, you may already need this protection. The value of shielding cannot be overstated. While shields will not block *all* psi effects, nor prevent all aggressive acts by other psis or spirit entities, they will keep the vast majority of hostile energy actions away from you, and they will help to protect you from input overload. Input overload occurs when one of your psi senses receives too much information for your brain to process at once. This can cause mood-swings, confusion, nervousness, and other symptoms, depending on which sensing abilities are involved. While learning to control these abilities directly is an ultimate goal, shielding will allow you to regulate them while you practice finer control.

The first and simplest type of shielding is known as resistance shielding. This type of shield is created simply by increasing the resistance in the outer part of your energy field. Concentrate on your entire body, and on the energy field surrounding you. If you cannot directly sense it, simply visualize it for now. Eventually you will develop a more direct awareness of it. Picture the outer part of your field (just past your skin) becoming more

solid, and any energy moving through it or into it slowing and finally stopping. Increase the resistance in your visualization until energy cannot pass through your field from outside, and never reaches your skin. Practice this at least 2 or 3 times per day. In time, your energy field will default to a state of high resistance around the outside, though you will be able to lower the shield at will as well, if you ever need to. Having a permanent shield up acts as a safety belt— if you need a shield, and you don't have one up, it's probably already too late.

Chapter Six

Energy Manipulation, Linking, and Scanning

There are aspects of pure energy manipulation which will also help you with other abilities you may use in the future. Pure energy manipulation involves learning to control the direction you send energy, the density and intensity of the energy, its frequency and format, and the area of impact (for example, if you send a beam of energy at a wall, do you hit an area the size of penny, or the size of a brick)? The abilities also have applications of their own, primarily in regards to doing any sort of distance work, and in psychic combat situations. Simply getting energy to go where you direct it, quickly, efficiently, and in quantity, is a good place to start. To begin moving energy, simply visualize it moving where you want it to move. This is the same type of exercise you did to get a feel for psi energy when you first began charging.

Energy Circulation

After charging, begin by creating an energy flow from one hand to the other. It's usually easier for people to move energy from their dominant to their non-dominant hand. Bring the energy flow around up your arm, across your shoulder blades, and back down through your other arm, completing the circuit. You may find it easier to begin this with your hands touching, or about an inch or so apart. Eventually you should increase the distance to about a foot to a foot and a half, and then try doing it with your arms in a relaxed position, down at your sides. For a greater challenge, try doing the exercise while you are using your hands to do other things, such as writing, typing, work, or other things.

After the above exercise is mastered, I recommend moving on to more complex energy circulation exercises. Move energy

down one side of your body to your feet, across, and back up the other side, over your head, and back down again. Experiment with circulating energy in two or more directions at the same time (keeping flows separate). You may find that some of these simultaneous flows in combination create a dynamo-like effect, increasing your energy generation rate. Take care not to overload yourself, in these instances.

I recommend circulating energy through your body in this fashion for at least 5 minutes at a time, at least twice a day. Remember that this, as with all exercises, is not something that will be improved if you do it to excess. None of the exercises should be done more than five times per day, 10 minutes at a stretch. Exceeding this will be more likely to put a strain on your system and temporarily reduce your function than to result in improvement.

Directed Charging

While the term charging usually refers to increasing the energy generation rate in your own body, it can also be used to refer to increasing the psi-energy level in other people or objects. Directing an energy flow from your body to something or someone else is a skill you will use many times with many different types of psi abilities. In order to begin, first choose a small object that will hold a psi charge relatively well. Materials that appear to do this include metal and stone. Materials such as wood, plastic, paper, and fabric will hold a psi charge, but not nearly as well.

Holding your dominant hand a few inches from the object, visualize/send a flow of energy from your hand into the object, and picture it gathering there. Once you feel you have placed a substantial amount of energy in the object, use your other hand to see if you can detect the energy, the same way you did in the original energy-sensing exercise, when you were detecting other peoples' energy fields. If you have succeeded, you should be able to detect a psi-energy field around the object.

By using a different object for this exercise each day, you should be able to map how well various materials hold a psi charge, and at what rate the energy dissipates, as well as note your improvement in creating stronger and stronger charges. I

recommend charging at least one object in this fashion each day. If you have a partner, you can get their opinion on which objects have the strongest charges.

Linking and Scanning

The easiest way to interact with another person on a psionic level is form a link with them. A link allows energy to carry information between you; thus, you can sense them in more detail, and affect them more easily. The visualization most people use for a link is a cord, rope, cable, or similar line that is made of energy, and connects two peoples' energy fields together. At more advanced levels, this may be intermittent bursts of information rather than a steady stream of energy. An intermittent link is much more difficult to track than a continual one.

Linking and Scanning should be practiced with a partner. It is considered impolite to link to and scan another person without their consent; at worst, it may be taken for an attack, and the person will respond by attacking back.

In order to link to a person, send energy them, just as you sent energy to charge the object—visualize it forming a connection between you: a line. Once it impacts them, stop projecting, and hold the visualization. See what you can sense from them. Using your energy to see what you can sense from another person is called scanning. Don't allow preconceptions to color it; do not expect to see, hear, smell, taste, or feel any particular thing. Instead, make note of any impressions, strong or subtle, that come to your mind. Don't over-analyze. With a one-way link, your energy is being sent to the person, then bouncing off of their field and returning to you. It carries patterning from their field with it, sort of like sonar. This allows you to sense them in great detail. The amount of detail you are able to receive will increase with practice, and you may also be able to utilize a variety of different abilities to sense not only their energy field, but their body, thoughts, emotional state, and other things about them.

If the individual reaches their own energy back along the line you created to connect with you, then you have a two-way link, which means information will pass between you in both directions more effectively. In order to cut an established link,

strongly visualize it being cut, breaking, or dissipating, and then turn your attention immediately away from them. It is very easy for a beginner to accidentally re-establish a link by 'peeking' back at someone they've just been linked to, so pay attention to this. Take care not to 'snap' a link suddenly, as this can cause energy to backlash down the line to yourself or your target, creating a shocking sensation (and occasionally, more serious side-effects if one of the energy centers is hit).

Chapter Seven

Signature Acquisition, Distance Linking, and Basic Constructs

A signature is the unique pattern created by the energy systems and nervous system of a living thing, or spirit entity. This pattern is found in the energy put out or contained within living things and spirits so that a trace of it is left behind on everything their energy touches. Although this pattern can be added to or disguised, it cannot be eradicated. Like fingerprints left behind at a crime scene, others who are skilled enough can always discover a trace of where someone has been, and what they have been touching physically, or with energy. You cannot use your psi abilities anonymously. You can make what you do very difficult to trace back to you, but never impossible.

Signature Acquisition

When you did energy sensing, you may have begun to distinguish between the feel of one person and another (or the appearance of their field— whichever differences you noticed, depending on how your energy perception works), and even began to be able to recognize someone by that feel alone. This unique feel, appearance, etc is their signature pattern. You need to know this pattern in order to reach someone remotely. There are many ways to acquire signature patterns: anything an individual has touched, for example, will contain traces of their pattern. Some individuals are able to receive patterns from the thoughts of other people, telepathically. Some can acquire patterns from photographs, from text written by an individual, over the Internet, or through a sigil (a representational design or symbol) which represents the person. With some practice, you will know when you have a signature pattern in mind. Confirming that you have a complete signature and that it is for the person

you intend is sometimes referred to as getting a pattern-lock.

Distance Linking

Once you have a person's signature, you can link to them. You simply focus on that unique pattern, and send energy. Concentrate on the energy reaching that pattern, and connect to it just as you connected to your partner when he/she was standing in front of you. Some individuals may find that they have more difficulty connecting over greater distances, while others may not find that distance appears to matter to them at all. Both are normal, and having difficulty with distances doesn't mean that you are doing something wrong. These issues have more to do with how various individuals operate psionically, and where their individual skills lie. Continued practice will eventually allow you to reach anywhere on the planet with ease, even if you have difficulty with long distances when you first begin.

Once you have a link to an individual at a distance, scan them the same way you did when they were close to you. Some people even find that scanning at a distance allows them to get more, or different, types of information than they got when the target was closer, because there is no input from the other five senses to interfere with what you receive psionically.

Basic Constructs

A construct is a stable, patterned energy form that does not require a material matrix. What this means is that you can mold and shape psi energy fields like clay, and if you program them correctly, they will stay that way. The possibilities for constructs are nearly endless. They can be as simple as a free-standing shield or barrier, or as complex as a self-willed and intelligent artificially-created spirit entity. The dangers of constructs are also nearly endless for this very reason. Anything that a living psion is capable of doing can be granted to a construct as an ability of its own. Constructs can be programmed to gather energy from their environment, to grow larger, to replicate and make copies of themselves, to repair themselves, and much, much more. Some of these things aren't wise to program into a con-

struct, as constructs are also susceptible to being manipulated by other psis, or even spirit entities or other constructs. Safeguards can, and always *should*, be programmed in to prevent this, but no safeguard is completely fool-proof. Take the time to think carefully about what you program a construct to do, as you don't want to wind up in the same position as Dr. Frankenstein.

Psi Balls

The construct most people learn to create first is called a 'psi ball,' or 'energy ball.' It is exactly what it sounds like: simply a sphere of energy that holds its shape. Cup your hand, charge, and strongly visualize holding a ball in your hand, about the size of a baseball. As you visualize this, direct energy to the point within your cupped hand. Focus on the energy filling out the ball, and on the ball remaining there indefinitely. When you believe you are done, use your other hand to sense and verify that the ball is there. It will *not* be visible to the naked eye, unless by some fluke you managed to send energy that is converting into light. This is extremely rare, and extraordinarily difficult to achieve deliberately, so I recommend not wasting a lot of time on trying to achieve the effect. (This effect is sometimes referred to as flaring, and while impressive to witness, it's also essentially useless).

Once you have a stable sphere in your hand, try setting it down. You should be able to come back later, and find the sphere where you left it. At first, some people find that they have trouble getting the energy to form a sphere, or to remain after they stop directing energy into it. Continued practice will alleviate these issues. Be careful not to program *other* things into your psi ball inadvertently. Focus on your single intention is very important. Once you gain more proficiency, try making smaller balls which are denser, or larger ones which are more diffuse. See how dense you can make a psi ball (how much energy you can pack into a small area).

Chapter Eight

Distance Targeting and Mobile Constructs

Once you can link to and scan a partner at a distance, the next logical step is to work on affecting them. This exercise requires you to have a sensitive partner who can provide feedback, and let you know when you have succeeded. Link to your partner, and then direct energy in a tight beam to a small point somewhere on their body. Your partner should be able to feel the impact of the energy on that point, and correctly identify where you were aiming. The ability to correctly target a specific point at a distance will come in handy later for a wide variety of applications with different abilities, so this is a very important skill to develop. Ideally, you should learn to target an object the size of a penny or smaller, at any specific point on a person's body, regardless of distance. Don't be discouraged if you miss, hit the wrong area, or if your accuracy diminishes the further away your partner is. Continued practice will correct these problems. Perseverance is always the key. As you progress with this ability, try targeting more than one area at a time, precisely. (For example, impacting both their right cheek and their left elbow with energy beams, simultaneously).

Now that you have worked on making simple constructs that will remain after you stop focusing your attention on them, you can work on making them do more complex things. First, make a psi ball as before; but, while you do so, install a self-destruct command. Strongly visualize the construct exploding or dissolving when you issue a specific command to it. **TEST YOUR KILL-COMMAND.** You want to be certain that your self-destruct programming actually works, before moving on to further programming attempts. Next, after you have the ball made with the kill-command in it, send energy to the ball while visualizing it performing some action. Spinning or moving in a circle, or following you around, are good choices for a first attempt. You may find that projecting the energy from your third-eye (the center

of your forehead) produces the best results, but experiment freely and discover what works most easily for you.

Next, scan your construct just as you would scan a person, and attempt to sense what it is doing. If you have a partner to work with, you may trade constructs, and practice sensing what they do. As you progress, you can also experiment with creating constructs that have different shapes. Pyramids, cubes, or more complex shapes like animals or other familiar objects, will enable you to hone your skill at creating energy shapes and programming them to move, and to further develop your energy sensing skills. As with all construct-creation exercises, take care to maintain a strong focus, and to not allow other programming to creep in while you create them. This is particularly important if you make constructs shaped like familiar items or living things. The construct should move *only* in the way you program it to, and not in any other fashion—nor should it do anything else. If your construct begins behaving in ways you did not program into it deliberately, destroy it immediately.

Chapter Nine

Construct Shields, Intelligent Constructs and Construct Sensing

Improving your shielding is one of the more logical uses for constructs. Construct shielding allows you to create more elaborate and broad-spectrum shielding without focusing continual attention on maintenance. Now that you have learned resistance shielding well enough for it to become permanent without your attention, you can work on covering areas that a resistance shield isn't generally able to block. The simplest shields in use in the psi and magical communities are often referred to as bubble shields. This is a simple visualization: simply charge up with energy, then direct it while visualizing a bubble or egg around yourself which outside energy cannot pass through. I do not generally recommend this type of shielding, because it has too many weaknesses both inherent and due to the manner in which it is often visualized.

Construct Shields

Instead, charge your body with energy, then picture it hardening around your skin, as though you were covered in armor, or a skin-tight force field. Solidify this field, and put in a destruct command, just as you did with the mobile construct in the previous exercise. I recommend that you program it to dissolve, rather than explode, lest it actually do you harm if you have to destroy it. On top of this command, program in a command for the construct to resist having its program altered by anyone other than yourself, and to self-destruct if someone with a different signature succeeds in altering it. Simply visualize this situation and concept while you send energy into your shield. Make sure that you cover all areas of your body equally well—underneath the feet and the back are both areas many people tend to

forget, or to leave weaker than other areas. Next, program your shield to block as wide a spectrum of frequencies and patterns as you can. Many people find it useful to conceptualize frequencies as sound, with very high and low tones, as well as all those in between. Make the shield very dense, and program in a 'non-stick coating,' or cause it to spin and cut things which come into contact with it. This will help prevent others from linking to you.

The possibilities for what a construct shield might do are nearly endless. Your shield might automatically retaliate against attacks, for example, or bounce attacks back to their sender or to another target. It may disguise you by mimicking background energy patterns, or make you appear larger or stronger than you actually are. Have fun, and experiment with your shielding, but always remember safety programming to prevent it from being used against you, or harming you if an error is made.

Intelligent Constructs

As was implied in the construct shielding section, you can program your constructs with intelligence. This means they are able to make decisions, and act based on those decisions, responding to their environment. Intelligence could be simple, as a computer operates (if this happens, then do this), or complex, as a person or other sentient being operates. You may even program them with a personality, and emotional responses. The more intelligent a construct is, the more potentially dangerous it is. An error in programming could result in a hostile entity that is able to launch intuitive and ingenious attacks. Always take care with safety programming. I do not recommend making constructs more intelligent than they need to be in order to accomplish the task you have created them for. Intelligent mobile constructs should be programmed with a self-destruct, tamper-proofing, and also a 'return' command. This is simply a command that will enable you to call the construct back to you, if it still exists, from anywhere it might be.

Constructs can be made self-repairing. I recommend that a copy of a complex construct's pattern be kept in a safe location, such as within a physical object that can serve as a dock, and that it be maintained regularly. Your mobile construct can then be

programmed to regularly return to its dock, and check its programming against the recorded pattern, in order to repair errors or alterations that may have crept in while it was wandering around. Constructs can also be programmed to use any psi abilities that you are able to use. Concentrate on what it is like for you to use this ability, and send this concept/impression into the construct. I recommend ability programming be placed in the construct last, after behavior has been programmed in. Constructs may be programmed to defend themselves with shielding or in other ways, or to attack. Always remember that constructs you create carry your signature pattern, and can be traced back to you. I recommend starting out with a very simple intelligent construct at first. Create a dog or cat construct, and program it to behave exactly like a dog or cat. You can then observe its behavior, and determine how well the programming is working, as well as correcting any errors in programming or technique.

Sensing Constructs

Scanning a construct just as you scan a person can enable you to not only determine its general 'appearance,' but also to read its programming. You may read a partner's constructs, so that they can validate your findings, and also read the programming in stray constructs you may find around in your environment. Spirit entities can be read in a similar fashion, but their internal patterning appears more chaotic and 'natural' than the ordered patterning of a construct. Practice telling the two apart. A spirit entity usually acts on its own, while a construct was created by someone. Unless it was an accidental creation, it has a specific purpose that is not necessarily related at all to its own survival. Determining whether a construct is dangerous or safe, helpful or harmful, will serve you well in the future. Simply link to and scan the construct, and allow yourself to accept any information or concepts that come to your mind while you do so. As with all psi abilities, continued practice is the key to improvement.

Chapter Ten

Exercise Schedules (for your copying convenience)

Week One through Four Daily Exercises:

Relaxation
Visualization
Focusing
Level One Exercise

Do all of the above once or twice per day. You may do them one immediately after another, in a set, if you wish. The above order is recommended. It is recommended that if you do these exercises twice per day, you wait several hours between sets. (For example, you may do the Relaxation, Visualization, and Focusing exercise one right after another, but you should wait several hours before doing the Relaxation exercise again— and so on). Select at least one Level One Exercise from the list in the Appendix to do each day.

Week Five through Twelve Daily Exercises:

Energy Sensing
Charging
Resistance Shielding
Level Two Exercise

Do all of the above exercises twice per day. They may done one immediately after another, in a set, if you wish. The above order is recommended. It is recommended that you wait at least several hours between exercise sets. Select at least one Level Two Exercise from the list to do each day.

Week Thirteen through Nineteen Daily Exercises:

Energy Circulation
Directed Charging
Linking and Scanning

Resistance Shielding
Level Three Exercise

Do Energy Circulation and Linking and Scanning (with a partner) at least twice per day. Do Directed Charging at least once per day. Continue reinforcing Resistance Shielding at least once a day. Select at least one Level Three Exercise from the list to do each day.

Week Twenty through Twenty-eight Daily Exercises:

Distance Linking and Scanning
Basic Constructs
Energy Circulation
Resistance Shielding
Level Four Exercise

Practicing linking to a partner remotely and scanning them at least once per day. Create at least two psi balls each day. Do Energy Circulation at least once per day. Continue reinforcing Resistance Shielding at least once per day. Select at least one Level Four Exercise from the list to do each day.

Week Twenty-nine through Thirty-four Daily Exercises:

Distance Targeting
Mobile Constructs
Distance Linking and Scanning
Resistance Shielding
Level Five Exercise

Practice distance targeting at least once per day. Create a mobile construct and scan a mobile construct at least once per day. Practice distance linking and scanning at least once per day, and continue reinforcing resistance shielding at least once per day. Select at least one Level Five Exercise from the list to do each day.

Week Thirty-five through Forty Daily Exercises:

Construct Shielding

Intelligent Constructs
Construct Scanning
Distance Targeting
Level Six Exercise

Continue practicing distance targeting at least once per day. Create a construct shield and reinforce it at least twice per day. Check your construct shield's programming at least twice per day. Create a mobile intelligent construct at least once per day. Practice construct scanning on a construct other than your own at least once per day. Select at least one Level Six Exercise from the list to do each day.

Chapter Eleven

Maintaining and Repairing Energy Systems, and Dealing with Hostile Spirit Entities

Cleansing and Stabilizing Energy Systems

Energy circulates through the energy systems in a natural pattern. On occasion, because of the nature of subtle energies, patterns or even constructs can wind up lodged somewhere in the system where they can have an adverse effect on circulation, cause other effects due to their being sensed continually, or they may directly cause issues due to their nature. Many people find it useful to regularly perform 'maintenance' on their energy systems by clearing out and depatterning their energy field, and evening out the flow of energy circulating through their systems. This can improve psychic functioning, and even have a positive effect on mental and physical health.

There are many different methods for cleansing the aura. I'll detail one of them here. First, center yourself... this just means finding a comfortable point of balance within your body, and settling your field around it evenly. Next, begin a whirlwind like energy flow in the center of your body, Visualizing it carrying any 'heavier' debris or patterns outward. Expand this whirlwind until it has grown outside your body, and reaches the edge of your energy field. Reduce the whirlwind in the center, and continue moving it outward until it has gone beyond your field's boundary entirely, then allow it to dissipate.

Next, ground the boundary of your field. "Grounding" means establishing a connection between yourself and a location inside the Earth. Picture a cylinder the diameter of your field, extending down from your aura's boundary, deep into the ground. Allow all the energy around the perimeter of your field, about a half a foot's worth, to flow down this cylinder into the ground. This will remove all of the patterns and constructs from your field and your vicinity, where they will eventually break down in the

ground, and dissipate.

After you have cleared your field and removed the debris, center yourself again, then visualize all of the energy in your system evening out, so that it is spread evenly throughout your entire body. Perform an energy circulation exercise, then repeat the evening-out visualization. Relax your system and allow it to return to a normal flow pattern. This last step is important, as evening out your field may cause it to cease motion, and this state should not be encouraged or allowed to continue for long periods of time. Stagnation may cause some areas to develop an energy deficit, while others retain too much energy.

Repairing Energy Systems

Blocks in either energy system can be resolved either by breaking up and removing the block, or by forcing energy through the area in order to clear it. Forceful circulation of energy in a normal flow pattern is enough to clear most minor blockages. More stubborn blocks may need to be bombarded with disruptive energy and then any remaining shaped/patterned bits pulled out. This should be done only by someone who has an intermediate level of experience, as there is a risk of damaging the energy system. Additionally, I have seen some stubborn blocks cleared by fast vamping/draining of energy directed through the blocked area, and by minor speed-overloading of blocked channels. These methods may be even more risky, so use caution in removing blocks. Some blocks can be cleared by depatterning whatever might be lodged in the energy channels. Projecting energy at the block while strongly visualizing it breaking up and dissolving should do the trick, if this is a possibility.

Actual repair of energy systems can be done by grafting very strong constructs onto damaged areas, or by sending signals to those areas by visualizing them beginning to repair themselves. Some individuals have more innate skill in these areas than others, but it can be improved dramatically through continued practice. Those who don't have the ability innately can learn it and develop it as well. Energy system damage will often 'heal' on its own, but in severe cases may require this type of encouragement. Allowing the system to repair itself is usually the best course of

action, and using constructs to graft or replace missing areas should only be done if other recourses fail. As with clearing of blockages, construct grafting should not be attempted by beginners, for fear of doing harm to remaining systems, or causing further problems. The pattern of the original system should be duplicated as closely as possible, usually by basing it on the base system pattern, which is something like DNA or a blueprint for the energy systems. This base pattern is perceptible on a subtle level.

Dealing with Hostile Spirit Entities

As discussed earlier in this manual, spirit entities will sometimes attack or attach themselves to people in order to parasitize them or influence them to achieve some other end. As with material living things, the majority of spirit entities are small and harmless, but some can be annoying. Most auric parasites are not particularly dangerous, but can cause distress in the form of localized pain where they are attached, headache, and sometimes weakness/fatigue from their energy drain. Dealing with these entities is not terribly difficult. In most cases, the entity can be surrounded by a construct shield, with the primary blocking surface pointed inward rather than outward. This shield should then be constricted to force the entity into as small a space as possible. The enclosed sphere can then be 'gripped' with a focused energy beam and pulled free of the afflicted person.

Small constructs programmed to explode can be used to destroy these small parasites by inserting them into the shield with it, and letting the shield concentrate the blast back on them. It may take a series of these 'bombs' to completely destroy an entity's pattern so that it cannot regenerate. Larger, more intelligent, or more sophisticated entities may defend themselves against attacks, fight back, cloak their presence, or engage in other more advanced tactics if you confront them. I recommend seeking the aid of someone more experienced if you have the need to deal with an entity of this type, and you are a beginner to psionics.

Regularly checking your field for problems such as blocks, stray patterns or constructs, or spirit entities, will help prevent

any of these things from taking hold long enough to cause you serious problems. I recommend making this a part of your daily hygiene routine, so that you will easily remember it, and do it regularly.

Appendix

Fun Psionics Exercises and Applications

Level One Exercises

Use these exercises during Week One through Four

Blah, Blah, Blah

Location: Public

Partner Required

In a crowded location such as a mall, active restaurant, or night club, have your friend talk to you or read to you. Focus on your friend's voice, and work on excluding all other voices around. Eventually you should no longer be able to understand any of the things the others around you are saying, and ideally you will cease to hear them at all. The converse of this ability is to expand your awareness of your audible surroundings, identifying and giving continual attention to each sound in turn. Pay attention to sounds that you would normally 'tune out,' and try to hear everything at once. Being able to listen to and understand several conversations around you at once, as well as carrying on an intelligent conversation with your friend should be your goal, as well as being able to identify small background sounds such as rustling clothing, footsteps, papers being shuffled, etc.

Orchestration

Location: Public/Private

Partner Not Required

Create a soundtrack for your daily activities, in your mind. If you don't know any classical pieces, use modern music, but tailor the music to what you are doing, as if you were in a movie. If you usually 'hear music in your head,' take control of it, and let it follow your movements and activities.

Tracks within Tracks**Location:** Public/Private**Partner Not Required**

Listen to an ordinary modern piece of music, and try to pick out the individual tracks and elements, such as drums, base, guitar, vocals, etc. Try listening to a single track or element to see how it progresses and changes throughout the song.

Blind For A Day**Location** Public/Private**Partner Not Required** (*but may be useful in some cases*)

This game allows you to pay attention to individual senses more than you would normally tend to do. It's quite simple. Choose one of your senses, and block it. Primary senses used by humans to navigate are sight and hearing. Secondary senses are smell and touch. Taste we generally only use while eating/drinking, so that one need not be worked with in this game (plus, it would be very difficult to do so). Start by blocking one of your primary senses. Put in earplugs, or put on a blindfold that you can't see through. Navigate through normal activities in this fashion. (Do not, of course, drive a vehicle). You may wish to have a partner help you, if your sight is blocked and you want to go out in public. You should keep this sense blocked at least for several hours each time you play this game. Once you have blocked one primary sense, try adding a secondary sense to it as well. You can block your sense of smell with a nose clip or nose plugs, and cancel most of your sense of touch by wearing knit or leather gloves and loose clothing. Remember that when you are blocking both sight and touch, you cannot rely on 'feeling your way' along walls and so on; you should avoid using the blocked sense. Leave only one sense unblocked, and you will notice how much your awareness of your surroundings expands on that level.

Level Two Exercises*Use these exercises during Week Five through Twelve***Hide-and-Seek****Location:** Public or Private**Partner Required, can be played in groups.**

This game is best played at night. As in the usual hide-and-seek game, have your partner or other players run off and hide, while you count. Once they are hidden, begin tracking them down, but not by using your eyes; instead, zero in on them by sensing their energy fields. If you're playing with aware partners, call them found when you touch the outer layer of their field—they can then confirm whether or not you legitimately sensed their field.

Blind Man's Bluff**Location:** Public**Partners Required, to be played in groups.**

Blindfold the individual doing the sensing. Have this person count to 30. Others in the group mill around to change their positions, then form a loose, open circle around the person in the center. The blindfolded person must then pick out a *specific* individual, simply by sensing their signature, and tag them. You may trade off at this point, or have the person go through and pick out a series of people, in order, before letting the next person take their turn.

Blind Man's Bluff, variant 2**Location:** Public**Partners Required, to be played in groups.**

As in Blind Man's bluff, except one of the individuals who is not blind-folded charges themselves up. The blindfolded person must select the one who is charging, rather than picking out an individual by signature.

Blind For A Day, variant 2**Location:** Public or Private**Partner Required**

This is the most advanced version of Blind For A Day. Block all 4 senses that can be blocked, and rely entirely on your psi sensory abilities to navigate and accomplish tasks. Have a partner with you to keep you from accidents.

Level Three Exercises

Use these exercises during Week Thirteen through Nineteen

Psionics BS

Location: Public or Private

Partner Required

Play a game of BS: (shuffle deck, deal cards equally. Take turns placing cards face down, but go in order from ace to king. You say what card you are putting down, and how many. You *must* go in order from Ace to King, continuously. If you don't have the next card in the sequence, you can lie and put any card down and say that it is the next card in sequence. If you think the person is lying, say BS. If they were, they take all the cards in the pile. If they weren't, you take all the cards. The object is to be the first to get rid of all your cards.) Play a regular game, but with your eyes closed so you can't see their faces if they are lying. If you call them out, you can open your eyes to see if they were lying. Try to sense if they are lying, or sense what the card really is.

Shell Game

Location: Public or Private

Partner Required

This is a sensing game, to be played with another psi partner. Take 3 or more small objects. Charge one of them, and have your partner sense which object you charged. Then, have your partner charge one object and you attempt to sense which one it is. Do not allow your partner to observe the object being charged, so there will be no visual cues. Take care not to stare at the object you charged. (A blindfold or visual barrier may help).

Energy Braille

Location: Public

Partner Required

Partners switch off writing with energy, leaving an energy charge behind in a pattern. Start off simply by making shapes, and increase the complexity to create writing. You can use actual Braille writing, or ordinary writing. Your partner must identify the shape or letters.

Eco-Explorer

Location: Public

No Partner Required

Link to and scan animals or plants. See if you can identify species by their pattern/feel. See if you can detect the differences between individuals of a single species.

Level Four Exercises

Use these exercises during Week Twenty through Twenty-Eight

Shell Game, variant 2

Location: Public or Private

Partner Required

This is a sensing game, to be played with another psi partner. Create a series of 3 or more psi balls, varying in size. Have your partner sort them by size. Your partner can then create the psi balls while you sense them. Keep track of your scores, and see whether you improve over time.

Rainbow Balls

Location: Public or Private

Partner Required

Create a psi ball, strongly visualizing it as being a specific color. See if your partner can sense what color it is. Switch, and have them make colored psi balls while you sense them.

Singing Balls**Location: Private****Partner Required**

Create a psi ball, and strong visualize it as emitting a specific tone— a sound. See if your partner can sense and hum the correct tone. Switch, and have them make singing psi balls while you sense them.

Monkey in the Middle**Location: On line/Telephone****Partners Required, to be played in groups.**

Have one person act as a hub. Others must link to them. The individual in the center must identify the direction the link is coming from, and who it leads to.

Level Five Exercises

Use these exercises during Week Twenty-Nine through Thirty-Four

Card Shuffle**Location: Private****Partner Not Required**

Shuffle a deck of cards, then draw five of them and lay them face down so you can't see them. Try to sense or guess which cards (number and suit) are in your hand, then check to see if you're right. Take the cards you guessed, and place them in a pile, and put the ones you didn't in a separate pile. Keep drawing 5 until you go through the whole deck. Keep track of your scores, to track your progress. This game can train precognition or matter sensing ability (the ability to perceive material objects psionically).

Card Shuffle, variant 2

Like Card Shuffle, but place the cards you didn't get correct on the bottom of the deck. Track how much time it takes you to go through the entire deck.

Card Shuffle, variant 3**Location: Public or Private****Partner Required**

Like Card Shuffle, but let a partner draw the cards and look at them (without revealing them to you) while you try to name them. This game can be played at long distances.

Card Shuffle, variant 4**Location: Public or Private****Partner Required**

Like Card Shuffle, variant 2, but let a partner draw the cards and look at them (without revealing them to you) while you try to name them. This game can be played at long distances.

Psi Juggling**Location: Private****No Partner Required**

Make a psi ball, split another ball off from it and make it travel through the air in an arc to your other hand. Begin juggling the balls. Add more balls as you go along, and see how many you can keep track of. Try to juggle the balls the same way you would ordinary balls.

Psi Tennis**Location: Private****Partner Required**

Each of you must make a construct tennis racquet. Use the racquets to play a game of tennis, using a mobile construct ball. The ball and racquets must be programmed to behave like a real ball and racquets. You may use a real or construct net.

Psi Dodgeball**Location: Public****Partners Required**

Everyone makes and throws psi balls, while others dodge or deflect/block them with shielding.

Level Six Exercises

Use these exercises during Week Thirty-Five through Forty

Shadowboxing

Location: Private

Partner Not Required

Create a construct (carefully controlled) designed to find weak points in your shield, and try to penetrate it. This will allow you to improve your shielding, and alert you to any weaknesses in it. You may also try having your construct shield and block, and attack it with programmed psi balls, energy bolts, etc. Take extra care to ensure all constructs with hostile programming have proper safeguards.

Tone-Change Psi Ball Catch

Location: Public

Partner Required

Get a friend or group of friends out in an area with some space: a park, a dance club, etc. Make one large psi ball, and program it with a tone. Throw it to a partner. They must catch it, and hum or sing the new tone, then add a tone and pass it on... the next person to catch it does the same. The psi ball should be programmed to recite all of the tones in order as it is caught. At the end of the game, see who can correctly sing or hum all of the tones as the ball repeats them.

My Pet Construct

Location: Public or Private

Partner Not Required

Create a construct pet, based on the animal of your choice. Try to give the construct all of the typical behaviors of that animal, so that it will act and react just like a real animal. Play with the construct pet, teach it tricks, etc. Be sure to remember all safeguards.

Critter Observation

Location: Public

Partner Not Required

Stray constructs are found virtually everywhere. Find some of them, and scan them. Do your best to determine what their programming is, what shape they are, and how long they might last. Be cautious, some stray constructs can be dangerous.

Beginning Psionics is the first of several books related to energy-working and metaphysical information written by Winged Wolf. You can find Winged Wolf's official author website under her legal name at <http://www.donnafernstrom.com>

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About the Author

Born in 1973, and raised in Michigan, Winged Wolf is a psionics practitioner, and has been involved with the online energy-worker community since the early 90s. She helped found The Psion Guild, one of the internet's longest-running psionics communities, and runs Eclipse Metaphysical, a metaphysical business selling constructs and enchanted items, with the help of two mage friends. It has been in existence since 2007, and enjoys an excellent reputation in the spirit keeping and metaphysical collector communities.

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